

ULTIMATE REPORT

Ultimate Skincare & Beaute Report

[CELEBRATE] NATIONAL CHOCOLATE DAY, July 7, 2015

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Chocolate Day. Tuesday, July 7, 2015.

Today is the day chocolate lover from everywhere rejoice as it is CHOCOLATE DAY! Indulge in your favorite choco treats with great guilt-free delight. How did this all come about?

A rich history of discovery and taste.

Why July 7 for Chocolate Day?

It has been said that Spanish discoverers came across this natural wonder on July 7, 1550. The precious new find was enjoyed only by the wealthy and royals as it was mixed with sugar cane and cinnamon. Chocolate stayed a secret among the Spanish for a century until a Spanish princess married a Louis XIII in 1615. Chocolate became more popular among royal courts and went more mainstream in 1828 when the cocoa press was invented.

Today, chocolate is celebrated in everyday life. Everyone from children to seniors enjoy the sweetness and health benefits of the rich treat. Looking to take in *chocolate on the healthy?* Below is a recipe from **Franci Cohen NYC certified fitness trainer and nutritionist**.
Healthy Raw Chocolate Candy Bars:

- 1 cup raw almonds
- 1 cup of pitted dates
- 1 teaspoon of pure vanilla extract
- 2 tablespoons of organic peanut butter
- 4 tablespoons of coconut oil (melted)
- 1/4 chopped raw almonds
- 2 tablespoons raw cacao

Directions:

1. Pulse dates, almonds and vanilla extract in food processor until a dough-like ball forms.
2. Line an 6" square glass Pyrex with either a silpat or parchment paper, and press mixture into the pyrex. This is your base layer, and should be very thick.
3. In a clean bowl mix together 1 tablespoon peanut butter with 1 tablespoon coconut oil, and pour evenly over base layer.
4. Sprinkle almonds on top of base layer.

5. Put Pyrex in freezer for about 1/2 hour, or until hard.
6. Combine 3 tablespoons coconut oil, 2 tablespoons cacao, and 1 tablespoon peanut butter in a bowl and whisk together.
7. Take Pyrex out of freezer.
8. Put silpat or parchment paper out of Pyrex to release the candy bar sheet.
9. Cut candy bars into even squares or funky abstract triangles. Whatever shape you desire, based on how you plan to serve and display your treats!
10. Dip each piece into cacao chocolate mixture, and fully coat your bars on both sides.
11. Place each piece on wax paper-lined cookie sheet.
12. When all candy bar pieces are dipped and on tray, freeze for 2-3 hours, so chocolate shell will fully harden.
13. Serve and enjoy

*keep stored in airtight container in freezer to ensure chocolate coating doesn't melt.



However you choose to celebrate Chocolate Day, it will all be enjoyable! We want to hear how you celebrate! Tell us in the comments how you celebrated this delicious day!